

# OVERNIGHT MEAL Allergens

**PLEASE NOTE**

*Our kitchen and dining areas are not nut-free environments.*

**COLONIAL OVERNIGHT**

Dish and Ingredients	Nuts* / Oils	Wheat / Gluten	Milk / Dairy	Egg
<b><u>Cheate Bread</u></b> (wheat flour, white flour, salt, water, yeast)		✓		
<b><u>Butter</u></b> (butter)			✓	
<b><u>Sliced Turkey with Onion Sauce</u></b> (turkey, onion, cider vinegar, turkey stock, bread crumbs, sugar, salt and black pepper)		✓		
<b><u>Carrots</u></b> (carrots, butter, honey and/or sugar, salt and black pepper)			✓	
<b><u>Cheese and Grape Chargers</u></b> (cheddar cheese, grapes {cheese contains dairy})			✓	
<b><u>Shrewsbury Cakes</u></b> (butter, sugar, eggs, flour, cinnamon, nutmeg, ginger)		✓	✓	✓
<b><u>Apple Cider</u></b> (apple cider)				

**WAMPANOAG OVERNIGHT**

Dish and Ingredients	Nuts* / Oils	Wheat / Gluten	Milk / Dairy	Egg
<b><u>Corn Bread and Butter</u></b> (cornmeal, white flour, butter, eggs, baking soda, sugar and milk)	✓	✓	✓	✓
<b><u>Dried Blueberries</u></b> (blueberries, small amount of sugar)				
<b><u>Venison Stew</u></b> (Venison meat, olive oil, onions, garlic, yucca, kidney beans, corn stock, salt and black pepper)				
<b><u>Naussump</u></b> (water, cornmeal, strawberries, raspberries, blueberries, sugar and salt)				
<b><u>Sliced Turkey</u></b> (turkey, salt)				
<b><u>Summer Squash</u></b> (summer squash and/or zucchini, onion, olive oil, salt and black pepper)				
<b><u>Mint Tea</u></b> (water, tea leaves, mint)				

# OVERNIGHT MEAL Allergens

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**17 CENTURY NEW ENGLAND OVERNIGHT**

Dish and Ingredients	Nuts* / Oils	Wheat / Gluten	Milk / Dairy	Egg
<b><u>Cheate Bread</u></b> (wheat flour, white floud, salt, water, yeast)		✓		
<b><u>Venison Stew</u></b> (Venison meat, olive oil, onions, garlic, yucca, kidney beans, corn stock, salt and black pepper)				
<b><u>Sliced Turkey with Onion Sauce</u></b> (turkey, onion, cider vinegar, turkey stock, bread crumbs, sugar, salt and black pepper)		✓		
<b><u>Summer Squash</u></b> (summer squash and/or zucchini, onion, olive oil, salt and black pepper)				
<b><u>Shrewsbury Cakes</u></b> (butter, sugar, eggs, flour, cinnamon, nutmeg, ginger)		✓	✓	✓
<b><u>Mint Tea</u></b> (water, tea leaves, mint)				